

# Group X Class Schedule

Month: **November**

2267 Las Positas Rd

Livermore, CA 94551

925-454-1815

Butterflylifelivermore@comcast.net

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
6:00AM		Steppin' Right Left		Ball Boot Camp			
6:30AM		Ball Boot Camp		Cardio Ball Low			
7:00AM		Discover Yoga		Yoga Total Body			
7:30AM		Stretch & Sculpt		Steppin' Right Left			
8:00AM	Steppin' Right Left	Ball Boot Camp	Simple Stepping	Kick It Up	Steppin' Right Left	Butts & Guts	
8:30AM	Stretch & Sculpt	Simple Stepping	Cardio Ball Low	Yoga Poses	Cardio Punch	Steppin' Right Left	
9:00AM	Kick It Up	Full Body Blast	Butts & Guts	Cardio Punch	Yoga Poses	Sizzling Salsa	
9:30AM	Yoga Poses	Low & Go	Sizzling Salsa	Simple Stepping	Ball Boot Camp	Full Body Blast	
10:00AM	Cardio Punch	Disco A GoGo	Ball Boot Camp	Full Body Blast	Kick It Up	Burn & Firm Pilates	
10:30AM	Burn & Firm Pilates	Kick It Up	Steppin' Right Left	Ball Boot Camp	Butts & Guts	Cardio Ball Low	
11:00AM	Cardio Ball Low	Long & Lean	Yoga Poses	Long & Lean	Athletic Step	Kick It Up	
11:30AM	Full Body Blast	Low & Go	Burn & Firm Pilates	Low & Go	Cardio Punch	Long & Lean	
12:00PM	Disco A GoGo	Yoga Poses	Sizzling Salsa	Cardio Ball Low	Full Body Blast	Low & Go	
12:30PM	Butts & Guts	Simple Stepping	Ball Boot Camp	Stretch & Sculpt	Steppin' Right Left	Yoga Poses	
1:00-3:00PM	CLOSED						
3:00PM	Sizzling Salsa	Simple Stepping	Kick It Up	Cardio Punch	Low & Go	<h2>Hours</h2> <p><b>M &amp; W</b> 8:00am-1:00pm 3:00pm-8:00pm</p> <p><b>T &amp; Th</b> 6:00am-1:00pm 3:00pm-8:30pm</p> <p><b>Fri</b> 8:00am-1:00pm 3:00pm-7:00pm</p> <p><b>Sat</b> 8:00am-1:00pm</p>	
3:30PM	Low & Go	Kick It Up	Butts & Guts	Sizzling Salsa	Long & Lean		
4:00PM	Stretch & Sculpt	Yoga Poses	Disco A GoGo	Full Body Blast	Simple Stepping		
4:30PM	Full Body Blast	Ball Boot Camp	Steppin' Right Left	Cardio Ball Low	Yoga Poses		
5:00PM	Kick It Up	Athletic Step	Yoga Poses	Ball Boot Camp	Cardio Ball Low		
5:30PM	Disco A GoGo	Cardio Punch	Low & Go	Step Party	Butts & Guts		
6:00PM	Step Party	Burn & Firm Pilates	Ball Boot Camp	Low & Go	Kick It Up		
6:30PM	Caliente Dance	Cardio Ball Low	Stretch & Sculpt	Kick It Up	Caliente Dance		
7:00PM	Yoga Poses	Disco A GoGo	Athletic Step	Burn & Firm Pilates			MIND/BODY
7:30PM	Low & Go	Steppin' Right Left	Sizzling Salsa	Ball Boot Camp			CARDIO
8:00PM		Full Body Blast		Yoga Poses		SCULPTING	